

Seasoned Meat Filling for Meatloaf or other Shaped, Ground, Meat-Based Items

Preheat Oven: 400 degrees (425 to 450 if filling the oven full)

Yield:

Raw: 3 lbs Prepared, Ready to Cook Meat Product

Cooked: _____ Cooked, Ready to Eat Meat Product

Crediting: 3 oz Serving of Cooked = 2.25 M/MA

12 – 3 oz servings

Ingredients:

2 lbs Ground beef, 15% fat (or any ground meat or combination of ground meats)
4 oz. Onion, finely chopped
2 T. or 1 oz Fresh Garlic, minced
½ oz. Fresh parsley, finely chopped
2 ea. Eggs, Large (or
3 T. or ½ oz Ketchup
¾ c. Panko crumbs or other breadcrumbs
⅓ c. Milk
1 ½ tsp Salt
1 ½ t. Italian Seasoning
½ t. Ground black pepper
1 t. Ground paprika

Method:

1. Mince onions
2. Process fresh garlic
3. Chop Parsley
4. Gather all other ingredients
5. Place thawed, ground meat into mixing bowl
6. Add all other ingredients
7. Mix for 30 seconds on low speed
8. Mix for 30 seconds on medium speed
9. Scrape down
10. Mix at speed one for 30 seconds
11. Make up as desired:
 - a. Meatloaf
 - b. Meat Patties
 - c. Meatballs
 - d. Crumbled for a tasty pasta topping

Variations:

- Literally Thousands! Use your imagination. Use World Flavor ingredients.
 - Think:
 - *World:* Greece, Mexico, East Indian and Pan Asian
 - *Regional:* Cajun/Creole, Southwest
 - *Seasonal and Local:* Herbal Summer Garden (anything from late in the growing season), Primavera (Spring Garden veggies and Herbs)